



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Keilwagen, René

Club: NLLB Cottbus e.V.
Number: 190

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:17:41

Speed: 11.33 km/h
Running performance: 5:16 min/km

Rank in course/Total: 106 (of 426)

Rank in course/Men: 102 (of 371)

Best time in course: 1:42:20

Rank in category: 16(of 58)

Best time in the category: 1:45:17

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:42	5:03	14	4:10	87	4:16	3.30	16:42	5:03	46		103	4:16
Schlüsie	3.10	18:06	5:50	15	4:00	93	4:40	6.40	34:48	5:26	46		103	8:56
Hermannsklippe	2.60	16:02	6:10	12	3:33	89	4:17	9.00	50:50	5:38	46		103	13:13
Brocken	3.10	27:04	8:43	20	7:05	132	8:58	12.10	1:17:54	6:26	46		103	22:11
Eiserner Handwe	3.60	17:04	4:44	18	5:06	122	5:06	15.70	1:34:58	6:02	46		103	26:35
Schlüsie	4.10	16:06	3:55	20	4:10	120	4:10	19.80	1:51:04	5:36	46		103	30:06
Loddenke	3.10	12:48	4:07	14	2:22	85	2:35	22.90	2:03:52	5:24	46		103	32:41
Ilseburg/Markt	3.30	13:49	4:11	11	2:03	66	2:40	26.20	2:17:41	5:15	16	32:24	102	35:21